

Boston Firehouse Chef Kevin – Turkey Spaghetti Recipe

INGREDIENTS

- 1 (16-ounce) package lean ground turkey
- 2 teaspoons Italian seasoning
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- ½ cup of sugar
- 1 (24-ounce) jar spaghetti sauce
- 1 (1-pound) box spaghetti
- freshly grated Parmesan cheese, if desired
- Package of sweet or spicy turkey sausage links (4)
- 1 (1-pound) package of frozen mixed vegetables

DIRECTIONS

1. In large skillet, cook ground turkey as specified on the package. Always cook to well-done, 165°F as measured by a meat thermometer. Sprinkle Italian seasoning, pepper, and garlic powder on top of meat.
2. Remove sausage from casing and cook in a second skillet and brown. Combine sausage and turkey into one pan.
3. Add spaghetti sauce and simmer for 10 minutes. Add sugar and simmer for an additional 10 minutes.
4. Bring a pot of water to a boil and add spaghetti and cook to desired taste. Drain pasta and add meat sauce into pot with pasta.
5. Steam or microwave mixed vegetables and combine with pasta and meat sauce
6. Sprinkle with cheese, if desired.